

What is claimed is:

1. A dietary supplement comprising a homogenous mixture of whey protein, glutamine, fructose, maltrin, oat bran, flaxseed oil powder, margarine powder, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, histidine, ascorbic acid, niacin, vitamin E, pantothenic acid, vitamin B6, riboflavin, thiamine monocitrate, beta carotene, folic acid, biotin, vitamin K, cyanocoalbumin, vitamin D3, magnesium gluconate, zinc sulfate heptahydrate, iron sulfate heptahydrate and potassium citrate monohydrate.
2. The dietary supplement of claim 1 further comprising at least one flavoring agent in said mixture.
3. The dietary supplement of claim 2 wherein said at least one flavoring agent comprises at least one of vanilla extract liquid, French vanilla flavor, lecithin and dextrose.

4. The dietary supplement of claim 3 wherein said at least one flavoring agent comprises about 10,000 mg of said vanilla extract liquid, about 10.00 mg of said French vanilla flavor, about 3,750 mg of said lecithin, and about 7,500 mg of said dextrose.

5. The dietary supplement of claim 1 wherein a daily dose of said mixture comprises about 15,000 mg to about 90,000 mg of said whey protein, about 1,000 mg to about 30,000 mg of said glutamine, about 5,000 mg to about 60,000 mg of said fructose, about 2,000 mg to about 30,000 mg of said maltrin, about 1,500 mg to about 90,000 mg of said oat bran, about 500 mg to about 6,000 mg of said flaxseed oil powder, about 500 mg to about 6,000 mg of said margarine powder, about 200 mg to about 1,500 mg of said isoleucine, about 500 mg to about 2,000 mg of said leucine, about 500 mg to about 2,000 mg of said lysine, about 500 mg to about 2,000 mg of said methionine, about 500 mg to about 2,000 mg of said phenylalanine, about 200 mg to about 1,000 mg of said threonine, about 400 mg to about 1,500 mg of said valine, about 400 mg to about 1,500 mg of said histidine, about 10 mg to about 200 mg of said ascorbic acid, about 5

mg to about 30 mg of said niacin, about 0.03 mg of said vitamin E, about 2 mg to about 10 mg of said pantothenic acid, about 0.5 mg to about 2.00 mg of said vitamin B6, about 0.5 mg to about 2.0 mg of said riboflavin, about 0.5 mg to about 2.0 mg of said thiamine monocitrate, about 2.99 mg of said beta carotene, about 0.1 mg to about 0.5 mg of said folic acid, about 2.0 mg to about 4.0 mg of said biotin, about 0.2 mg to about 1.0 mg of said vitamin K, about 0.1 mg to about 0.2 mg of said cyanocoalbumin, about 1.00 mg of said vitamin D3, about 100 mg to about 400 mg of said magnesium gluconate, about 30 mg to about 80 mg of said zinc sulfate heptahydrate, about 30 mg to about 100 mg of said iron sulfate heptahydrate, and about 1,000 mg to about 5,000 mg of said potassium citrate monohydrate.

6. The dietary supplement of claim 5 further comprising at least one flavoring agent in said mixture.

7. The dietary supplement of claim 6 wherein said at least one flavoring agent comprises at least one of

vanilla extract liquid, French Vanilla flavor,
lecithin and dextrose.

8. The dietary supplement of claim 7 wherein said at least one flavoring agent comprises about 10,000 mg of said vanilla extract liquid, about 10.00 mg of said French vanilla flavor, about 3,750 mg of said lecithin, and about 7,500 mg of said dextrose.
9. The dietary supplement of claim 5 wherein said daily dose of said mixture comprises about 45,000 mg of said whey protein, about 15,000 mg of said glutamine, about 35,000 mg of said fructose, about 15,000 mg of said maltrin, about 5,000 mg of said oat bran, about 2,500 mg of said flaxseed oil powder, about 1,500 mg of said margarine powder, about 750 mg of said isoleucine, about 1,050 mg of said leucine, about 900 mg of said lysine, about 980 mg of said methionine, about 1050 mg of said phenylalanine, about 530 mg of said threonine, about 750 mg of said valine, about 750 mg of said histidine, about 80 mg of said ascorbic acid, about 15 mg of said niacin, about 0.03 mg of said vitamin E, about 7 mg of said pantothenic acid, about 1.60

mg of said vitamin B6, about 1.60 mg of said riboflavin, about 1.20 mg of said thiamine mononitrate, about 2.99 mg of said beta carotene, about 0.33 mg of said folic acid, about 3.00 mg of said biotin, about 0.60 mg of said vitamin K, about 0.20 mg of said cyanocobalamin, about 1.00 mg of said vitamin D3, about 300 mg of said magnesium gluconate, about 60 mg of said zinc sulfate heptahydrate, about 70 mg iron sulfate heptahydrate, and about 3,000 mg of said potassium citrate monohydrate.

10. The dietary supplement of claim 9 further comprising at least one flavoring agent in said mixture.
11. The dietary supplement of claim 10 wherein said at least one flavoring agent comprises at least one of vanilla extract liquid, French Vanilla flavor, lecithin and dextrose.
12. The dietary supplement of claim 11 wherein said at least one flavoring agent comprises about 10,000 mg of said vanilla extract liquid, about 10.00 mg of

said French Vanilla flavor, about 3,750 mg of said lecithin, and about 7,500 mg of said dextrose.

13. A dietary supplement comprising a homogenous mixture of fructose, maltodextrin, dextrose, sugar, hydrolyzed whey protein, flaxseed oil, corn oil, sunflower oil, soybean oil, margarine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, histidine, glutamine, lecithin, ascorbic acid, niacin, alpha tocopheryl acetate, pantothenic acid, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, beta carotene, folic acid, biotin, phtonadione, cyanocabalamine, microcrystalline cellulose, magnesium gluconate, zinc sulfate heptahydrate, ferrous sulfate heptahydrate, and potassium citrate monohydrate.
14. The dietary supplement of claim 13 wherein a daily dose of said mixture comprises about 5-60 g of said fructose, about 2-30 g of said maltodextrin, about 1-15 g of said dextrose, about 1-60 g of said sugar, about 15-90 g of said hydrolyzed whey protein, about 0.5-6 g of said flaxseed oil, about 0.5-6 g of said corn oil, about 0.5-6 g of said

sunflower oil, about 0.5-6 g of said soybean oil,
 about 0.5-6 g of said margarine, about 0.2-1.5 g of
 said isoleucine, about 0.5-2.0 g of said leucine,
 about 0.5-2 g of said lysine, about 0.5-2 g of said
 methionine, about 0.5-2 g of said phenylalanine,
 about 0.2-1 g of said threonine, about 0.4-1.5 g of
 said valine, about 0.4-1.5 g of said histidine,
 about 1-30 g of said glutamine, about 1-8 g of said
 lecithin, about 0.01-0.02 g of said ascorbic acid,
 about 0.005-about 0.030 g of said niacin, about 5-30
 IU (International Units) of said alpha tocopheryl
 acetate, about 0.002-0.010 g of said pantothenic
 acid, about 0.005-0.020 g of said pyridoxine
 hydrochloride, about 0.005-about 0.020 g of said
 riboflavin, about 0.005-about 0.020 g of said
 thiamine mononitrate, about 500-about 2,000 IU of
 said beta carotene, about 0.0001-about 0.0005 g of
 said folic acid, about 0.00002-0.0004 g of said
 biotin, about 0.00002-about 0.00004 g of said
 phtonadione, about 0.000001-0.000002 g of said
 cyanocabalamine, about 1-10 g of said
 microcrystalline cellulose, about 0.1-0.4 g of said
 magnesium gluconate, about 0.03-0.08 g of said zinc
 sulfate heptahydrate, about 0.03-0.1 g of said

ferrous sulfate heptahydrate, and about 1-5 g of said potassium citrate monohydrate.

15. The dietary supplement of claim 14 further comprising at least one flavoring agent in said mixture.
16. The dietary supplement of claim 15 wherein said at least one flavoring agent comprises at least one of vanilla extract liquid, French Vanilla flavor, lecithin and dextrose.
17. The dietary supplement of claim 16 wherein said at least one flavoring agent comprises about 10,000 mg of said vanilla extract liquid, about 10.00 mg of said French vanilla flavor, about 3,750 mg of said lecithin, and about 7,500 mg of said dextrose.
18. A method of formulating a dietary supplement, comprising the steps of defining a primary mixture by mixing whey protein and glutamine; defining a secondary mixture by mixing fructose, maltrin, oat bran, flaxseed oil powder, margarine powder, isoleucine, leucine, lysine, methionine,

phenylalanine, threonine, valine and histidine; defining a tertiary mixture by mixing ascorbic acid, niacin, vitamin E, pantothenic acid, vitamin B6, riboflavin, thiamine monocitrate, beta carotene, folic acid, biotin, vitamin K, cyanocoalbumin, vitamin D3, magnesium gluconate, zinc sulfate heptahydrate, iron sulfate heptahydrate, and potassium monohydrate; and defining a final mixture by mixing said secondary mixture and said tertiary mixture with said primary mixture.

19. The method of claim 18 wherein a daily dose of said dietary supplement comprises about 15,000 mg to about 90,000 mg of said whey protein, about 1,000 mg to about 30,000 mg of said glutamine, about 5,000 mg to about 60,000 mg of said fructose, about 2,000 mg to about 30,000 mg of said maltrin, about 1,500 mg to about 90,000 mg of said oat bran, about 500 mg to about 6,000 mg of said flaxseed oil powder, about 500 mg to about 6,000 mg of said margarine powder, about 200 mg to about 1,500 mg of said isoleucine, about 500 mg to about 2,000 mg of said leucine, about 500 mg to about 2,000 mg of said lysine, about 500 mg to about 2,000 mg of said methionine, about

500 mg to about 2,000 mg of said phenylalanine, about 200 mg to about 1,000 mg of said threonine, about 400 mg to about 1,500 mg of said valine, about 400 mg to about 1,500 mg of said histidine, about 10 mg to about 200 mg of said ascorbic acid, about 5 mg to about 30 mg of said niacin, about 0.03 mg of said vitamin E, about 2 mg to about 10 mg of said pantothenic acid, about 0.5 mg to about 2.00 mg of said vitamin B6, about 0.5 mg to about 2.0 mg of said riboflavin, about 0.5 mg to about 2.0 mg of said thiamine monocitrate, about 2.99 mg of said beta carotene, about 0.1 mg to about 0.5 mg of said folic acid, about 2.0 mg to about 4.0 mg of said biotin, about 0.2 mg to about 1.0 mg of said vitamin K, about 0.1 mg to about 0.2 mg of said cyanocoalbumin, about 1.00 mg of said vitamin D3, about 100 mg to about 400 mg of said magnesium gluconate, about 30 mg to about 80 mg of said zinc sulfate heptahydrate, about 30 mg to about 100 mg of said iron sulfate heptahydrate, and about 1,000 mg to about 5,000 mg of said potassium citrate monohydrate.

20. The method of claim 18 wherein said defining said primary mixture further comprises the step of mixing vanilla extract liquid with said whey protein and said glutamine, and further comprising the step of mixing French vanilla flavor, lecithin and dextrose with said primary mixture before said defining said final mixture.